

# True Dental Care

## for kids & teens

### Food List--To AVOID

These are a sample of some goodies and foods that are harmful to your braces or your aligner attachments.

- ❖ Abba Zabba
- ❖ Almonds
- ❖ Any Frozen Chocolate Bar
- ❖ Any Gummy Candies
- ❖ Bubble Yum
- ❖ Bubblicious
- ❖ Candy Apples
- ❖ Caramels
- ❖ Cheetos
- ❖ Chews
- ❖ Corn Nuts
- ❖ Crunchy Chips
- ❖ Crunchy Cookies
- ❖ Crunchy Pizza Crust
- ❖ Doritos
- ❖ French Bread Crust
- ❖ Fritos
- ❖ Fruit Roll--ups
- ❖ Gum Balls
- ❖ Hard Tacos
- ❖ Walnuts
- ❖ Heath Bar
- ❖ Jaw Breakers
- ❖ Jerky
- ❖ Jolly Ranchers
- ❖ Laffy Taffy
- ❖ Licorice
- ❖ Milk Duds
- ❖ Nerds
- ❖ Now & Laters
- ❖ Peanut Brittle
- ❖ Peanuts
- ❖ Popcorn
- ❖ Skittles
- ❖ Skor Bar
- ❖ Snickers
- ❖ Starburst
- ❖ Suckers
- ❖ Sunflower Seeds
- ❖ Tootsie Rolls
- ❖ Tortilla Chips

### Cut These Foods First Before Eating

- ❖ Apples
- ❖ Carrots
- ❖ Chicken
- ❖ Steak- needs to be tender
- ❖ Corn on the Cob
- ❖ Pears
- ❖ Ribs

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### Food List--GOOD TO EAT

#### Goodies and Fun Foods for Braces

These are samples of some goodies and foods okay to eat with braces. Remember to brush after every meal and floss at least once a day!

- ❖ Baked Doritos
- ❖ Baked Fish
- ❖ Baked Potatoes
- ❖ Burritos
- ❖ Cakes & Pies
- ❖ Cheese
- ❖ Cheese Balls
- ❖ Cheese Puffs
- ❖ Chicken Tenders
- ❖ Doughnuts
- ❖ Fish Sticks
- ❖ French Fries
- ❖ Nut Free Chocolate Bar
- ❖ Ice Cream
- ❖ Jamba Juice
- ❖ Junior Mints
- ❖ Lays
- ❖ M&M's Plain
- ❖ Mac N' Cheese
- ❖ Marshmallows
- ❖ Mashed Potatoes
- ❖ Milkshakes
- ❖ Milky Way
- ❖ Nestles Crunch Bar
- ❖ Pasta
- ❖ Pirate's Booty Popcorn
- ❖ Pizza – thin crust
- ❖ Pringles
- ❖ Pudding
- ❖ Reese's Peanut Butter Cup
- ❖ Saltine Crackers
- ❖ Smoothies
- ❖ Soft Cookies
- ❖ Soft Tacos
- ❖ Sugarless Gum
- ❖ Three Musketeers
- ❖ Yogurt

QUESTIONS?

Call True Dental Care at 201-565-0880